



Saint Margaret's Hornby

www.these4parishes.co.uk

*getting you to church and more -
even during these extraordinary times*

The prayer and ministry of the church continues

The archbishops have announced that public worship
has been suspended nationwide – but...

our churches are open and available for you to use every day as usual for prayer,
and to find peace in difficult times – do make use of this beautiful building
as a place to refresh your spirit, whatever challenges you face



services are being broadcast
live from church to your home online
**including live from Saint Margaret's
Hornby at 10.45am every Sunday**

visit www.these4parishes.co.uk
to see the schedule
and to watch live from home

and you can meet at **The Meeting Place** – our own online forum
for news and information, prayer and inspiration,
members' news, and general chat
a place for everyone to keep in touch – even as we can't gather in person
everybody welcome – online at the same address www.these4parishes.co.uk

COMING UP IN APRIL

all live online at www.these4parishes.co.uk

Sunday 5 April 10.45am Palm Sunday service

with the blessing of the palms (pick one up in church later)
and the Gospel of the Passion from Saint Matthew

Maundy Thursday 9 April 7.30pm Maundy Thursday service

Eucharist of the Last Supper and Gethsemane Watch

Good Friday 10 April 10am Good Friday service

with the Gospel of the Passion from Saint John
and the Good Friday prayers

Sunday 12 April 10.45am Easter Day service

we hope to have our young people taking part by Skype

*and do continue to pray for peace -
peace within, peace with God, and peace in our world*

Coronavirus

current government advice

Government advice from Monday 16 March has three sets of advice for three groups of people:

1. If there is any possibility at all that you might have the virus, your entire household must self-isolate for fourteen days. That means, if you have a new cough, or a fever, none of you should leave the house at all, for two full weeks, “even to buy food or essentials” – although you may leave the house “for exercise, and, in that case, keep a safe distance from others”. Do not go to a GP surgery, pharmacy or hospital. There is no need to contact 111 simply to tell them that you are staying at home. Testing for coronavirus is not needed and is unlikely to be available.

2. If you were born in the 1940s or earlier, you are more likely than others to need a ventilator if you get the virus, and there aren't enough ventilators if everyone gets it at once, so for your own sake, and for the sake of others, you are also asked to self-isolate until this is all over – twelve weeks initially. Again, you may leave the house for exercise, but should keep a safe distance from others.

3. Everybody else is asked to reduce social contact to a minimum: work from home, eliminate unnecessary travel, avoid social activities (including pubs, restaurants, theatres and cinemas), and do not have visitors in your home (even friends and family). Do not visit friends or relatives in care homes unless absolutely necessary. Avoid using the NHS if at all possible. Try nhs.uk before any other NHS service.

Pregnant women, and people with long-term health vulnerabilities, should follow the same advice as group 2 above.

If you are self-isolating with symptoms, use nhs.uk if you feel you cannot cope with your symptoms at home, if your condition gets worse, or if your symptoms do not get better after seven days. Only call 111 if you cannot get the help you need from nhs.uk online.

The previous advice also remains in place

Use a tissue for coughs and sneezes

and if you don't have one, use your sleeve rather than your hand

Avoid touching other people – at all

it's a lot to ask, but this one piece of advice makes a huge difference

Wash your hands immediately after touching anyone, and before you go out, and as soon as you get in, and before touching anything in the kitchen, before eating or drinking, and before and after using public transport, or visiting any public building or private home – *use soap and hot water and wash for twenty seconds, paying extra attention to thumbs, and nails, and including the backs of your hands – a block of soap, or even washing-up liquid or shampoo, will work, if you don't have liquid hand soap*

Avoid touching even your own face – wash your hands first and take extra care with dentures, and when helping others

Avoid close contact with people who are unwell *if at all possible*

Keep two metres apart *in all public places*

Coronavirus

latest Hornby information

as at Thursday 19 March

check for (and share) the latest information at www.these4parishes.co.uk/forum
register for updates at www.tinyletter.com/Hornby

Check on your neighbours. Are they OK? Who will help them if they become ill, or need to self-isolate? Swap phone numbers! You may be used to speaking over the fence, but you will need each other's phone numbers if either of you becomes ill or needs to self-isolate.

If you need to self-isolate

Let somebody know – a nearby friend, or relative, or neighbour, who can help

Hornby Shop will take orders over the phone, and deliver them themselves or via a Hornby Helpline volunteer, leaving your delivery on your doorstep – 22111

Hornby Tea Rooms will work with Hornby Helpline, and volunteers may be able to bring you sandwiches or even hot meals, leaving them on your doorstep – 21237

Hornby Butchers will organise home deliveries – 21248

Cornvale Foods in Melling can do home deliveries of local meat, sausages and burgers, fresh fruit and veg, bread, free range milk and dairy products – 22420

Volunteers from Hornby Helpline will be working with all of the above as required, to support the anticipated additional demand. They may be able to offer additional shopping support if you need it. They can also deliver your prescription medicines from the local surgeries straight to your door. Please do not come to the door to thank them if you are self-isolating. The Helpline number is 07526 509027.

If you are shopping online, it might be worth looking at parsleybox.com, which does complete ready-meals, which store in the cupboard (no need for a freezer) for up to six months, and cook in the microwave.

Other Hornby information

Do not go to the surgery if you feel unwell – use 111.nhs.uk or call 111

All activities at Hornby Institute have been suspended – but all eyes are on the re-opening – the trustees hope to get some internal decorating and other work done during the temporary closure, and the roof appeal goes on, to protect the Institute for the future

Hornby Tearooms can take in prescriptions from Bentham Surgery – you can collect them between 9am and 2pm weekdays (except Wednesday) and between 10am and 2pm Saturday/Sunday, and in the case of self-isolation, doorstep delivery in Hornby can be arranged, courtesy of the Hornby Helpline volunteers

Hornby Flower Bank is open as usual with plenty of stock from the UK and abroad. Vicky is encouraging people to phone in their orders on 21510. They can deliver all around the local area, as far as Kirkby Lonsdale, Ingleton, Lancaster, and Morecambe. They will also bring you your shopping from the Tea Rooms or the village stores if you place your order for flowers at the same time, and let them know.

Please be patient if shops and other organisations are affected by staff illness or by difficulty obtaining certain supplies. Everyone is doing everything they can.